

# ED eNews

# Fort Myer Army Education Newsletter

Volume 2, Issue 8

August 2003

# EDUCATION CENTER LOCATIONS

Fort Myer Education Center 119A Forrest Circle Fort Myer, VA 22211-1199

Monday-Friday 0730-1600

Voice: 703-696-3070 Fax: 703-696-0145

Pentagon Education Center 5601 Army Pentagon Rm 3C147 Washington, DC 20310-5601

Monday-Friday 0730-1600

Voice: 703614-4514 Fax: 703-614-9613

# HYPERLINK

- On-Post Course Schedules
- Majors/degrees available
- College catalogs
- Range of soldiers services available

### **NEW Web-based Educational Needs Assessment**

Please help us to better serve you by going to this web site and completing the survey. Be sure to enter NERO as the region and Fort Myer as the installation so the data will be correctly identified.

http://www.army.jccbi.gov/aces/naq.asp

# Improve Your Studying Skills

Above all, Review Regularly and Plan To Study Ahead, so that the night before an exam

All You Do Is Review Material. Avoid All-Nighters!

#### Study Habits

- Decide what to study (reasonable task) and how long or how many (chapters, pages, problems, etc.). Set and stick to deadlines.
- Do difficult tasks first. For procrastination, start off with an easy, interesting aspect of the project.
- Have special places to study. Take into consideration lighting, temperature, and availability of materials.
- Study 50 minutes, and then take a 10 minute break. Stretch, relax, have an energy snack.
- Allow longer, "massed" time periods for organizing relationships and concepts, outlining, and writing papers. Use shorter, "spaced" time intervals for rote memorization, review, and self-testing. Use odd moments for recall/review.
- If you get tired or bored, switch task/activity, subject, or environment. Stop studying when you are no longer being productive.
- Do rote memory tasks and review, especially details, just before you fall asleep.
- Study with a friend. Quiz each other, compare notes and predicted test questions.

#### COLLEGE CONTACTS



#### Northern Virginia

703-527-5976

**Fort Myer**: Monday-Friday 0900-1300, extended to 1600

during registration

Pentagon: Tuesday 1000-1300

#### Park

**Fort Myer**: 703-527-5256/8 Monday-Thursday 0730-1600

Friday: 0730-1400 **Pentagon**: 703-685-7552 Monday & Wednesday 1000-

1530

#### Troy

**Fort Myer**: 703-525-9779 Monday, Wednesday, & Friday

0800-1600.

**Pentagon**: 703-892-0910 Tuesday & Thursday 0900-

1500

#### Central Michigan

Fort Myer: 703-525-4971 Monday-Thursday 0830-1530 Pentagon: 703-920-5668 Monday-Thrusday 0830-1630

Friday 0830-1200

#### Old Dominion

**Fort Myer**: 703-875-0191 Tuesday, Wednesday, Thursday

0900-1600

**Pentagon**: 703-486-8311 Thursday 0900-1400

#### George Mason

Fort Myer: 703-875-0194 Wednesday 0930-1430 Pentagon: 703-685-0357 Monday & Thursday 0930-

1430

#### When the Exam is Announced:

- Find out what the exam will or won't cover.
- Find out what kind of exam it will be: objective, short essay, long essay, or a combination.
- Exam Study:
- Prepare summary sheets for large amounts of lecture and textbook notes.
- Spend several nights before an exam making a final review of notes.
- Stress the following areas in your review:
  - Points emphasized in class or in the text;
  - Areas the professor has advised for study:
  - Questions in study guides, past quizzes, and reviews at the end of textbook chapters.
- Preparation by Type of Exam:
- Objective exams: Study as if it were an essay exam.
- Stress specifics:
  - Definitions of key terms and examples;
  - Lists of items:
  - For True/False, write some false statements.
- Essay Exams:
  - Stress concepts.
  - List probable questions.
  - Prepare a good outline answer and practice it.
- Problem Exams:
  - Memorize formulas if needed.
  - Practice problems.

#### **COLLEGE CONTACTS**

# August TESTING SCHEDULE

ACT AFCT CLEP DLPT MAT GT TABE PRAXIS AFAST EXCEL. MISC.

### National Graduate School

703-465-4545

**Fort Myer**: Tuesday & Thursday & 1<sup>st</sup> & 3<sup>rd</sup> Monday

0800-1600

### Maryland

202-563-3611

Fort Myer: Tuesday 1000-

1400

**Pentagon**: 703-892-5394 Wednesday 1000-1400, Thursday 1000-1500

#### Catholic

**Pentagon**: 703-614-4515 Monday 1100-1300

#### Oklahoma

703-418-4800

Pentagon: Monday 100-1300

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## GT IMPROVEMENT CLASSES

29 September thru 27 October

For Enrollment contact Ms. Harris 703-696-1123



Excelsior College representative will do evaluations 26 August 2003 at Bldg 219, Fort Myer. Call 703-696-1653 for an appointment.